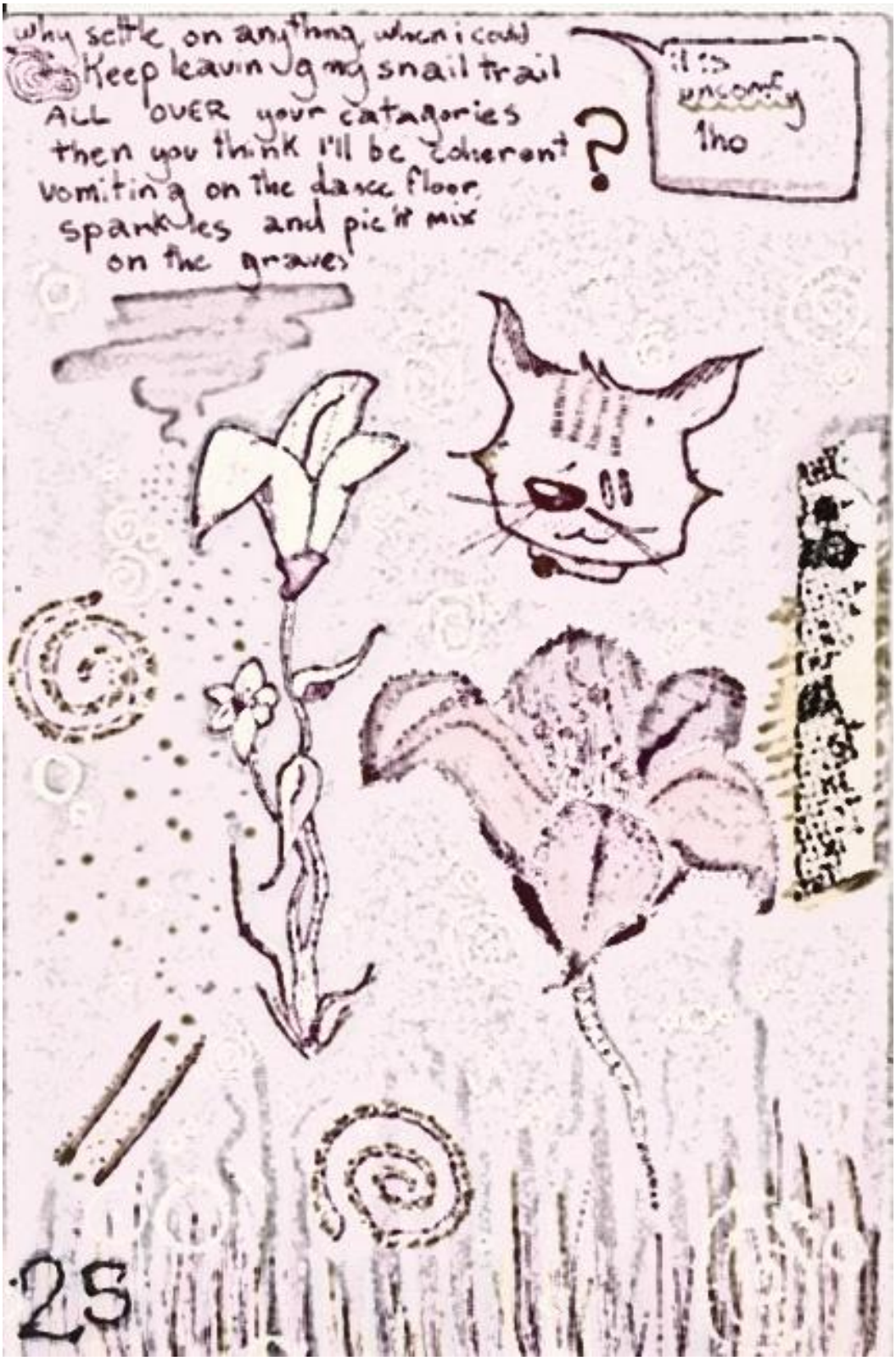

why settle on anything when i could
Keep leavin g my snail trail
ALL OVER your catagories
then you think I'll be coherent
vomiting on the dance floor
sparkles and pic'n' mix
on the graves
?
it is
incoming
tho
25

# Let's talk about what I want

- Disability justice and assistance to live
- Psychiatric abolition and community mental health care
- Trans liberation

When I think about these 3 topics, first I think about how I am already a victim of abuse from a world which fights to make us not understand these basic, concepts. Then I think about all the other disproportionately affected groups, that I am not a part of. I question why I am struck by such fear about a victim speaking for another victim of the same oppressor. Where is the trust?

*Assistance to Live – Trans Liberation – Community Mental Health care*
To me these sound like 3 pillars of what a new world, serving the people and the planet, would be built on. I could try to write a more literal, critical analysis of society's role in these topics; I'm sure it would be a source of catharsis having articulated concepts that are important to me. I'd hope my loved ones read it so they take on the information,,, or so I can feel like I seem 'intelligent'

better yet,
so that the revolution starts right
here, right now.

That may achieve nothing,
like screaming at the top of your lungs for them to love you.

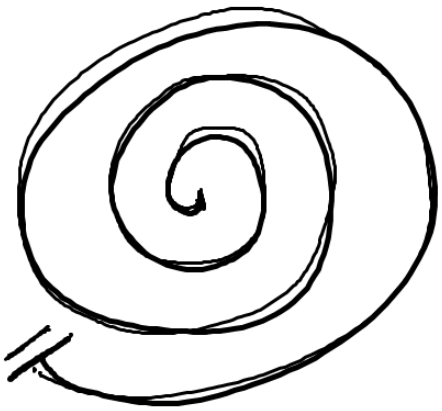
Understand first, judge second.

How could I encapsulate the foundation blocks of something both possible and magical in its totality, let alone in English?
Instead, I'll pretend we don't have to bring guns all the way up until Our doors of divine;
we can talk of yesterday as an art piece.

I *need* **assistance <u>to Live</u>**, not always <u>to survive</u>,
I'm blessed with a community that has space for me to achieve that (to an extent).
Living has contextual meaning, standards compared to what humans are capable of and the vessel one is in.
Survival is an observation,,,
Not
Dead
Yet

My ideal assistance situation is living my life as independent as I can, relying on familiar people in my community to help me in areas that I deem/agree are necessary. Having comrades that I know are comfortable with my reliance, and their own ability to equally prioritise their life, means I can receive the help I *need*. It means I can ask my friend to cook me a meal,
they don't like, every day, without either of us being negatively affected. It means I can do this and not have to minimise our relationship down to "my carer".
They call my smiling spit tears, and then carasoul my rescue.

For me to receive My assistance, people stay round my house many days in a week, clean up after me, remind me to or do basic hygiene tasks for me, cook for me, and help me get around.
Other times, it looks a lot more like we're just bumming about, and maybe we are.



Consider: Maybe there's a reason I'm watching cartoons, cuddling, packing a bowl, or constantly ranting about the damn system!?
Every *seed* has an equal and opposite reaction.
Brainiac

Why would I want a stranger, accredited by my oppressors, handling and acquainting itself with my ebbs and flows?
No matter how good of a boy a police dog is, I'm always going to act as though, when its trainer says "Attack", it will.

I do appreciate that some prefer having people who care for them, completely separate to those in their social life.
I mean this sentence about humans, and
about specifically people being directly assisted in basic living.

I worry for a world which is being taught that our body, mind, or lifestyle could ever be unrelated.

Is a 'carer' not just mutual aid, just with commercial or obligatory connotations?

Consider: we get rid of all these walls up, around access to care, that are intertwined with a version of academia, that almost anyone would tell you is prejudice. People in more sinister health positions could have just as much control over what their care looks like.
Old people's homes where everyone's on dialysis.
They could eat all the sodium they want, because true assisted living already included assisted death.
Book clubs that do each other's Nebido shots at the beginning, because the first book they read was a zine on DIY-HRT. The second was a nursing handbook.
Maybe philosophers in the A&E crisis safe-space instead of glorified friendship buddies.
Rehab villages for families'with members struggling with addiction. That DON'T have any bag checks.

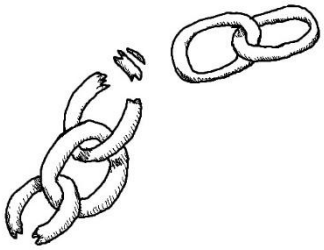
Festivals filled with parties, mediation workshops, and specialists in cycles of abuse, ready to spread their knowledge

Raising up racialized voices

Helping love

Lessons on collectivism

Weed be blessed.



I want everyone to try to understand first, judge second.

Credit to Frankie Thompson for introducing me to the idea of being politically mad, all the comparisons of prison and psych ward's control methods, and lastly to the phrase consensus reality.*
These things all helped me see how hopeless current projects and systems for healing the general population are, and how many ideas the west spends no time with.

I also appreciate not everyone needs to consider existentialism and dualism to be 'content' in life (although I debate how true that ever is). Artists, 'mentally ill people', disabled people, and basically any proletariat clearly need support and guidance out of the cycles of misinformation and abuse so prevalent in many cultures today. Often people who to contemplate the innerworkings of things, are also the ones who need mental health support is. Although I'm saying this from my speculation.

Current 'solutions' are often so surface level, or only crumbs of productive systems of belief.
For example, we're taught about 'letting go' yet not given a bigger context.
How it, like many virtues, is a muscle which must be trained,
how it is intertwined with practicing Non-Doing, Patience, Pure-Discernment of Experiences (Re-Acting), Trust, and Generosity
how it relates to meditation - and on that note, what Meditation really is and how essential it is in regulating a troubled mind.

Instead just introduced to it as a solution to grudges and scars.
Which is convenient, to say the least.

None of this is to discourage anyone from advocating for themselves in the eyes of the state, especially to gain support they need.
Health checks, benefit money, free heating, maternity-leave, psychotherapy, medication, HC2 forms, or whatever else you could gain from accessing your local governing body's services.
I am proudly on benefits in the UK, and I would cease to be able to do anything if I wasn't.
Same goes (with more trust) for local programs encouraging the arts, community, skills, and trades.

Some great UK programs: The Luna Project, SARI, The Dandelion Clinic, How To Catch A Pig, Crips Against Cuts, Star Support LGBTIQ; and even craft clubs at places like The People's Republic of Stokes Croft, and Café Kino.

Ones for young people: Whizz Kidz, Creative Youth Network, Trans Kids Deserve Better, BRIT KIDS, BoomSatsuma, Rising Arts Agency

**Psych Abolition** makes me think of how we are all hurting: Oppressors, 'Vagrants', Rich Kids, rule-sticklers behind the till at the pharmacy, teachers who report kids for shit they see outside of school grounds, everyone. *Before* you are a date-raping, 'old-money aesthetic', 'socialist'; you are a lonely kid at the dinner table till you finish your broccoli.

*Before* you're a policeman who can be self-loathing one minute, and on cloud-9 the minute you think of something new for 'your' case; you are a man whose community let him believe his value was based on his merits.
*Before* you're a 'blue-hair with pronouns' eager to talk about what new medical term they've found which empowers them; you are an overstimulated kid with the flu having to convince their mum they do actually need picking up from school.
B you are any of that you have to learn what the law and economy are, what feeling betrayed is like, what puberty, eating too fast, the universe, regret and the erotic imagination feels like.

Psych Abolition makes me think of my friends who were horribly abused, lied to, and forced into institutions who weren't even capable of accurately describing the 'p ' risk to safety.

Consider: The Evgenia Iaroslavskaia-Markon quote, *"Everyone is innocent, sinless and not responsible for their acts, character is created by a chain of causation, that depends on everything in the world, not on the single person".*

The 'diagnosis' first treatment we receive in the NHS, or when being 'accommodated' for in establishments like city-halls, schools, or workplaces, and more and more from the general public is a vicious cycle.
The process of growing up only receiving help when they have a word for it, people only taking you seriously when you scream listen in their face, or schools which can't help no matter how much their staff swear they can — unless you have extra funding attached to your name.

It makes a person come up with all sorts of rationale for why things are the way they are.
Which becomes very toxic when everyone around you isn't willing to discuss how else it can be; or why the way you look, act, or are might affect your experiences.

**Trans Liberation**.
My *darling Transsexualism*
I will do anything for a trans sibling that I've barely met in a time of need, be that celebrating coming out, bandaging their wounds, or letting them draw on my skin with any pen nib they feel like.

It's not just liberation for the person to partake in a process of becoming, but liberating for me to nurture such powerful day-to-day life.

Everyone should go through things with the pride, support, and time before and after to be nourished from the experiences.
Whether it be through information swapping, sharing post-op items, pre-op care packs, giving away my old binders, or birth control,,, I always feel so nourished to take part in mutual aid with another transexual/genderqueer being.

*This Zine's Front cover*
*This is a scan of a card a gave a comrade who runs a shop I frequent, they are soon to get a gender-affirming operation,*
*Text reads: why settle on anything, when i could*
*Keep leaving my snail trail*
*ALL OVER your categories*
*then you think I'll be coherent ?*
*vomiting on the dance floor,*
*sparkles and pic 'n' mix*
*on the ground*

*This Zine's back cover*
*Text Reads: To, I'M SORRY I FORGOT UR NAME!!*
*GOODLUCK with surgery & recovery*
*i swear, it's so easy to stress about all the details*
*AND the doctors make all the "choices" in the lead up seem so serious*
*BUT it doesn't make much difference. Just trust your gut, and your community. Look after your brain & body & mind, prepare for your patience to be tested AND be excited!!*
*it's all gunna go fine,*
*i'm so happy 4 you*
*See you on the other side, Teo*

Trans Liberation is Trans Joy, yes, but it's also being able to look at your baby photos, it's knowing where any photos of you as a baby are, and being able to get to them,
it's having a suitable option for your gender marker, not needing a shrink and a notary to make that happen, and it's getting the job you want.
*Not one that you convinced yourself,*
*as easily as drifting off to sleep,*
*that you want*

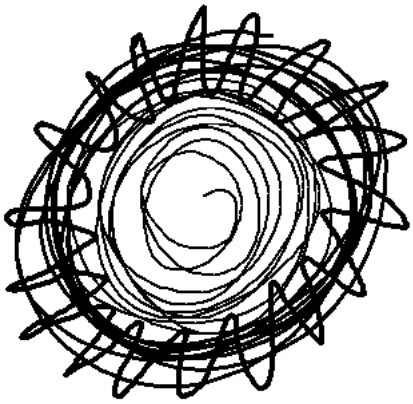
I want the Transexual Mother in my dreams to scoop me, and every other punk in my Commune, up, and teach us what oils and salves to use on our piercings.

After, I'll speak up in front of her class with how I will apply that to my metalwork,
I won't look at what everyone else's faces are 'saying'.

I want her to chuckle, tell me if I'm using it that frequently, then I ought 'a talk to margret sitting behind me, she knows how to grow the right trees to make them.
She might even show you how to tend to the Olive Trees.

I want to cry,
overwhelmed, regretful, but nothing more complex
Not a sentence.

I want to squint
my eyes, smile at her,
at us all,
use my brain to take notes.
Floral Foam.



**All 3 of those topics**,
the humanitarian issues to-do with them
*(e.g. systematic academic racism, the uphill slog of rough-sleeping, transphobia within the 'allies and siblings', the complete hatred that the education system lives in from students, and staff)*
relate to the colonial practice of putting people, and concepts in boxes.

As if two conditions with the same symptoms are completely different experiences, just because they gave them different names years ago.
As if they can give an attribute to any person
that means I wouldn't plea the 5th representing them
As if we aren't all one looping, erroring, communing entity.

There are supposed studies showing the brain may begin moving the arm or indicating that it will, before we even 'think to raise an arm above our head'.
Which I encourage you to read yourself, but this article is to articulate myself, not justify.
Who's to say when reporting that the thought first occurred to them, they equipped to properly recognise that, or that they were honest, or that they care
d.

What I mean by this is studies on the brain seem likely to delve into the realm of subjective. The study of the 'mind' should not be in aim to make over-arching statements about it.

It's a dangerous game mixing what is thought
into scientific 'facts'.

I want to finish this article with something abstract,
to discourage getting bogged down in the ooze.

Just consider everything you think I might be saying.
It's what I'm trying to say; I want you to think.

(with blunt caution, and subtly perfect joy)

So, here's a poem of mine:

the moment
(before surgery)
I turned into a bull

my septum grew bigger then a giants monkey bar
what's more! They cut off both my balls

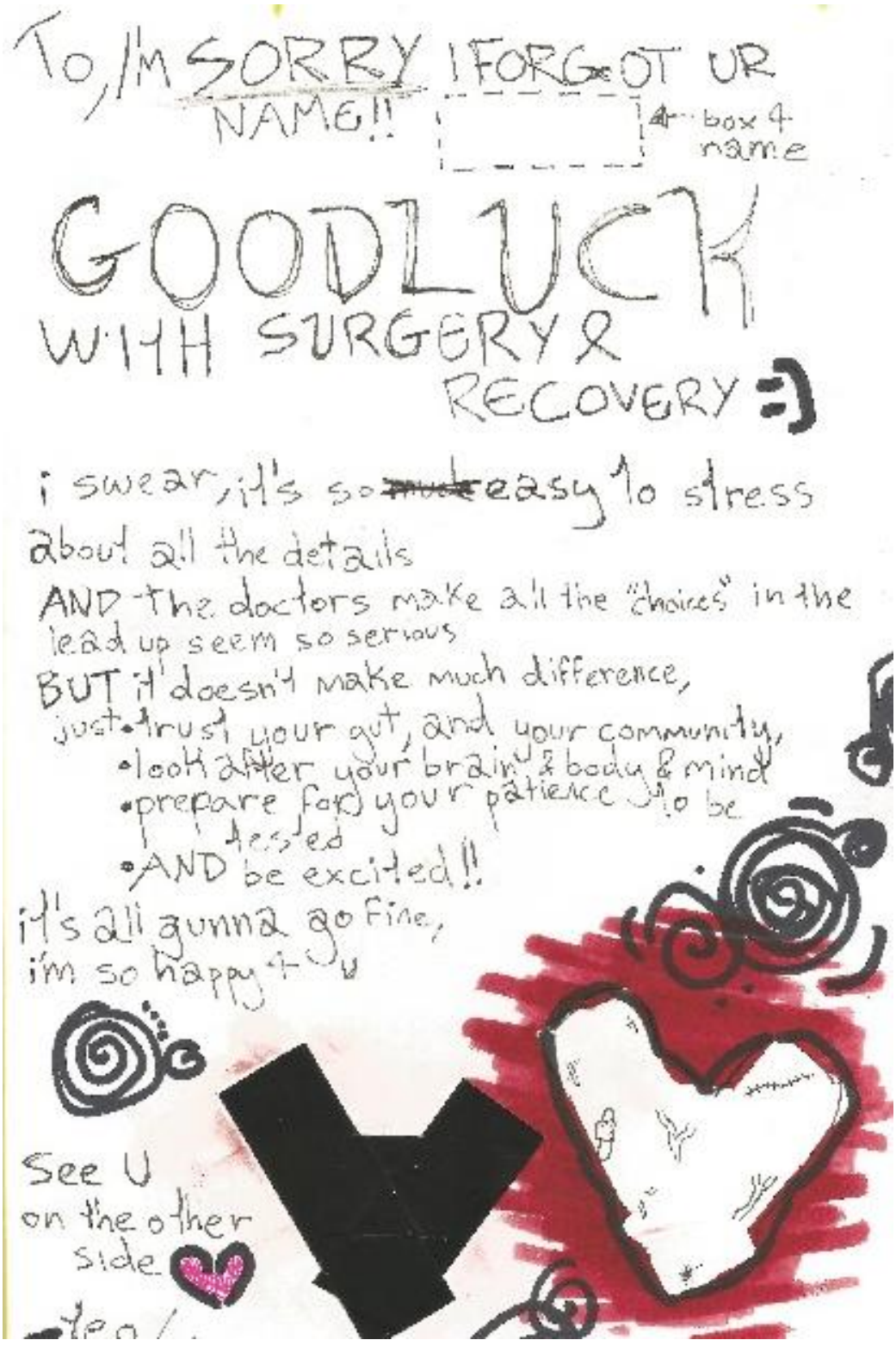
solidarity, they call it
they also call a coup

my headphones
like coraline's door
connecting to all the listeners
Are **You** there too?

smoking is a choice
a good one at that
my brain can't conform if it's baked,
not fried

less calories (666).

*Check out a great zine on @embracing ambiguity 's Instagram about mutual aid for a definition of Consensus reality.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WITH SURGERY & RECOVERY :)
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Yea /